



SERVICE HOURS
營業時間
TUESDAY - SUNDAY ▪ 11 AM - 1:30 PM ▪ 5 PM - 8:30 PM
星期二至星期日 | 上午11時至下午1時30分 | 下午5時至下午8時30分

CLOSED HOURS
休業時間
MONDAY
星期一

1. Fried Rice 炒飯

Fried rice is using **brown rice**, please indicate if you would like to substitute white rice.
炒飯是糙米, 請註明是否要替換白米飯

- A. Fried Rice with Mixed Vegetables
雜菜炒飯
- B. Fried Rice with Chicken, Peas and Carrots
雞肉炒飯
- C. Fried Rice with Beef, Peas and Carrots
牛肉炒飯
- D. Fried Rice with BBQ Pork, Peas and Carrots
叉燒炒飯
- E. Signature Fried Rice with Meat Combo (Chicken, Beef & BBQ Pork), Peas and Carrots
招牌炒飯 (雞肉、牛肉和叉燒)

2. Chow Mein 炒麵

- A. Chow Mein with Mixed Vegetables
雜菜炒麵
- B. Chow Mein with Chicken, Peas and Carrots
雞肉炒麵

C. Chow Mein with Beef, Peas and Carrots 牛肉炒麵

D. Chow Mein with BBQ Pork, Peas and Carrots 叉燒炒麵

3. Rice Plate 碟飯

Fried rice is using **brown rice**, please indicate if you would like to substitute white rice.
飯盤配有糙米, 請註明是否要替換白米飯

- A. Chicken with Mixed Vegetables Over Rice
雞肉雜菜飯
- B. Beef with Mixed Vegetables Over Rice
牛肉雜菜飯
- C. Shrimp with Mixed Vegetables Over Rice
蝦仁雜菜飯
- D. Eggplant Chicken Over Rice
茄子雞肉飯
- E. Eggplant Beef Over Rice
茄子牛肉飯
- F. Eggplant Shrimp Over Rice
茄子蝦仁飯

Contact / 聯繫 / Contacto



(415) 677 7601
sfchampss.org



The program is administered by Self-Help for the Elderly – Nutrition Department and partially funded by the Department of Disability and Aging Services | 此計劃由安老自助處營養部門管理及部分服務經費由三藩市殘障人士及長者服務部提供。| El programa es administrado por el Departamento de Nutrición de Self-Help for the Elderly y parcialmente financiado por el Departamento de Servicios de Discapacidad y Envejecimiento.

G. Broccoli Chicken Over Rice

西蘭花雞肉飯

H. Broccoli Beef Over Rice

西蘭花牛肉飯

I. Broccoli Shrimp Over Rice

西蘭花蝦仁飯

J. Mongolian Chicken with Onion and Mushroom Over Rice

蒙古雞肉飯

K. Mongolian Beef with Onion and Mushroom Over Rice

蒙古牛肉飯

L. Mongolian Shrimp with Onion and Mushroom Over Rice

蒙古蝦仁飯

M. Cashew Nut Chicken with Broccoli, Carrot and Mushroom Over Rice

腰果雞丁飯

N. Cashew Nut Beef with Broccoli, Carrot and Mushroom Over Rice

腰果牛肉飯

O. Cashew Nut Shrimp with Broccoli, Carrot and Mushroom Over Rice

腰果蝦仁飯

P. Curry Chicken with Vegetable Blends Over Rice

咖哩雞飯

Q. Curry Beef with Vegetable Blends Over Rice

咖哩牛肉飯

R. Curry Shrimp with Vegetable Blends Over Rice

咖哩蝦仁飯

S. Kung Pao Chicken with Vegetable Blends Over Rice

宮保雞丁飯

T. Kung Pao Beef with Vegetable Blends Over Rice

宮保牛肉飯

U. Kung Pao Shrimp with Vegetable Blends Over Rice

宮保蝦仁飯

V. String Bean Chicken Over Rice

四季豆雞肉飯

W. String Bean Beef Over Rice

四季豆牛肉飯

X. String Bean Shrimp Over Rice

四季豆蝦仁飯

**All meals served with DESSERT and DRINK below:
所有套餐配送以下甜品及飲品**

A. Dessert 甜品

Seasonal Fruit

時令水果



B. Drink 飲品

8 oz. Low Fat Milk

8安士低脂牛奶

Our menu meets 1/3 dietary reference intakes for all target nutrients except Whole Grains and Vitamin D. The SHE dietitian will provide nutrition education handout about how to ensure you are meeting your daily Whole Grains and Vitamin D needs. For more information, please visit <https://www.sfchampss.org>

***此餐單達到除全穀類和維生素D以外所有目標膳食參考攝入量三分之一的建議。安老自助處的營養師會就如何達到全穀類和維生素D的每日建議攝入量提供健康資訊。詳情請瀏覽美味營養餐的網站: <https://www.sfchampss.org>